



Joining Forces to Fight Cancer

Fall 2008

Wyoming Comprehensive Cancer Control Consortium

November is Lung Cancer Awareness Month

Lung cancer is a hard to find early and difficult to treat cancer. According to the Wyoming Cancer Surveillance Program, in 2005, lung cancer was the leading cause of cancer related deaths in Wyoming. There was also 268 new cases of lung cancer diagnosed in 2005. However, lung cancer is also one of the most preventable types of cancer. By avoiding certain risk factors for lung cancer, we can reduce our chances of developing it. Below are four easy steps that can help you prevent getting lung cancer:

- 1. Quit smoking.** Smoking is the number one risk factor for lung cancer. A large number of lung cancer deaths are caused by smoking. As soon as you quit, your body reaps the benefits of being tobacco free. Quitting smoking is the BEST defense against lung cancer.
- 2. Have your home tested for radon.** Radon is the result of broken down uranium. It is a radioactive gas that cannot be seen, felt, smelled or tasted. Uranium occurs naturally in the soil, and the fear is that homes are being built over natural deposits, creating high levels of indoor radon exposure, which can lead to lung cancer.
- 3. Eat fruits and vegetables.** Fruits and vegetables are rich with antioxidants and flavonoids. Antioxidants and flavonoids help protect your cell's DNA and repair damaged cells.
- 4. Stay away from secondhand smoke.** Secondhand smoke is the smoke exhaled from a smoker or smoke from a lit cigarette, pipe, or cigar. This smoke contains over 60 known carcinogens (agents causing cancer). These carcinogens interrupt normal cell development.

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Important Dates

01/22	Celebration of Hope
01/23	Celebration of Hope
04/29	2009 Cancer Conference
04/30	2009 Cancer Conference

Nutrition: Myth VS. Fact

Is drinking vitamin water a good substitute for taking a daily multivitamin?

No. Most flavors of vitamin water contain only a few water-soluble vitamins like C and B vitamins and a couple of minerals (the "Multi-V" vitamin water has the most, with 11 vitamins and minerals). A basic multivitamin, on the other hand, offers about 20 nutrients. If you're under age 50, look for a standard formula--it will contain certain essentials you need more of. (If you're older, choose an over-50 formula.)

Is local grown fruits and vegetables a better pick than organic?

Yes. That's because locally grown fruits or vegetables get to the market faster--the fresher the produce, the more vitamins it contains. Organic picks often have to travel thousands of miles to reach supermarket shelves, losing some valuable nutrients along the way, says Luddene Perry, author of *A Field Guide to Buying Organic*. Local tends to be tastier, too: Local farmers grow delicious varieties (like heirloom tomatoes) that don't hold up to international travel, adds Perry. What if local isn't available? Mounting research suggests organic produce may contain more disease-fighting antioxidants, and it certainly does the Earth good.

Web Site Update

Please check out the Wyoming Department of Health, Comprehensive Cancer Control Program website at:

<http://www.health.wyo.gov/PHSD/ccc/index.html>

The website has been update with the new childhood cancer toolkit. This toolkit will provide you with articles and fact sheets on childhood cancer as well as the newest books on childhood cancer. A link to the award winning documentary "The Lion in the House", can also be found in this toolkit.

Also now information on all the County Cancer Resource Coordinators can be found. There are links to each county and their programs contact information.

Do fresh fruits and vegetables offer more vitamins than frozen and canned?

No. For the most part, they're nutritionally similar, found a recent study in the *Journal of the Science of Food and Agriculture*. In some cases, frozen and canned fruits and vegetables may even contain more vitamins than fresh. That's because as soon as a fruit or vegetable is picked, it starts to lose nutrients--freezing or canning it at its peak slows that process. Some healthy shopping tips: Choose low-sodium canned veggies, canned fruit packed in juice instead of syrup, and plain varieties of frozen produce (sauces add calories, sodium, and sugar).

Which would be the lowest-calorie choice from the tray of baked goodies, blueberry muffin, butter croissant, or a scone?

Butter croissant. All the air inside makes the croissant (about 355 calories) much less calorie-dense than the scone (470) or muffin (500). If you're trying to lose weight, capping breakfast at about 400 calories is smart--even smarter would be bringing a healthy snack to munch on during mealtime meetings, such as peanut butter on whole wheat or a bag of nuts and dry whole grain cereal.

Cole Elementary Named First "Sun Safe School of Distinction"

The Wyoming Department of Health's Comprehensive Cancer Control Program is recognizing Cheyenne's Cole Elementary School with Wyoming's first "Sun Safe School of Distinction" award. Other schools being recognized with the award include Casper Paradise Valley Elementary, Douglas Intermediate School and Glendo School.

The Wyoming Sun Safe Schools of Distinction Program was formed to help raise awareness and enhance school policies surrounding sun safety. Skin cancer is the most common form of cancer. Ironically, it is also the most preventable. Unprotected sun exposure during childhood is the leading risk factor for skin cancer. Because children spend a large amount of the sun's peak hours at school, schools can play a vital role in helping prevent skin cancer.

According to the American Cancer Society, 59,940 new cases of skin cancer were diagnosed in the United States in 2007. In 2006, 51.2 percent of Wyoming children reported being sunburned in the past 12 months according to the Behavioral Risk Factor Surveillance System survey. Sun exposure is of heightened concern here in Wyoming because our high altitudes and thinner atmosphere are associated with greater ultraviolet radiation.

To be named a "Sun Safe School of Distinction," schools must incorporate sun safety in three areas of concentration: Sun Safety Education, Promotion of Sun Protection Measures and Evaluation. The Comprehensive Cancer Control Program is aiming to present every school in Wyoming with the safe school title. Once each school in a district is recognized, the district shall receive an award for its comprehensive approach to prioritizing the importance of sun safety.

For more information, or to apply online for the Wyoming Sun Safe Schools of Distinction award, you may contact Jessica Perez at 307-777-7362 or visit www.fightcancerwy.com.



Barb Lawyer, Laramie County Cancer Resource Coordinator, presenting Cole Elementary Principal with award plaque.

Cancer Resource Center Offers Information to Cancer Patients

Having been open for just 24 months, the American Cancer Society's Cancer Resource Center in Cody has already helped many area cancer patients, their loved ones, area medical personnel, and the public learn more about the disease and what treatments and options are available to them. The Cancer Resource Center is located in the Hematology Oncology Centers of the Northern Rockies, 1025 9th St., Suite B. According to Sarah Rachac, Quality of Life Manager for the American Cancer Society. Since its inception the Resource Center has served the spectrum of patients from youngsters and their parents to senior citizens. The Cancer Resource Center is entirely volunteer driven and staffed Wednesday and Thursday from 10 a.m. – 2 p.m. The trained volunteers provide information regarding cancer diagnoses, treatment options - including chemotherapy and radiation, early detection and risk reduction, community programs and services for cancer patients and their families, ongoing cancer research, and dates and times for local American Cancer Society events and programs. The Cancer Resource Center has a complete library of informational materials visitors can pick up and take home. As with all American Cancer Society programs, the services of the Cancer Resource Center are offered free of charge. For more information regarding the American Cancer Society Cancer Resource Center in Cody, contact the Center at (307) 587-5622.

Jason's Friends Foundation Update from Lisa Eades

As we work toward the end of 2008, I would like to share with you that Jason's Friends Foundation has achieved an awesome milestone. From our meager beginnings, with few resources in 1996, through 2008, we had the ability to help all our Wyoming families, we have burst our own goal of \$1,000,000 in assistance provided. We pride ourselves that 95% of all funds received at Jason's Friends are made available for the Wyoming families we assist.

Our 2009 Bowl for Jason's Friends is scheduled for Saturday, February 28, 2009. Please visit our website at jasonsfriends.com to learn more about what we do and this great fundraiser or contact us at 340 West B Street, Suite 101, Casper WY 82601. 307.235.3421



2009 Celebration of Hope / WCCCC Meeting

Save the Date

The Largest Celebration Yet!

The 4th Annual Celebration of Hope at the Wyoming State Legislature will be on Thursday January 22nd and Friday January 23rd in Cheyenne. Once again, it will be a collaborative effort between the WCCCC and the American Cancer Society.

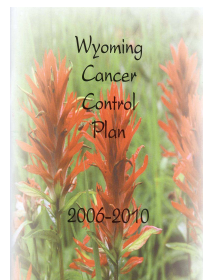
Contacts

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For a copy of the 2006-2010 Wyoming Cancer Control Plan please visit the web at

www.fightcancerwy.com

